



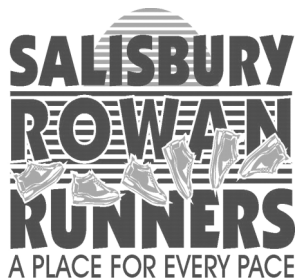
For Greenway information, please call

Salisbury Parks and Recreation at

(704)216-PLAY

or visit

www.salisburync.gov/pkrec



Proceeds will benefit the Salisbury Greenway

What is a Greenway?

A greenway is a linear park within towns and cities which connects community resources via parks, trail roads, sidewalks, easements, etc. It provides a popular recreation area for walking, biking, jogging and alternate forms of transportation. In addition, a greenway preserves open space, natural areas and wildlife and enhances educational and environmental opportunities.

Salisbury Parks and Recreation Department
PO Box 4053
Salisbury, NC 28145



Mission Statement:

To provide quality leisure services through safe, attractive maintained parks and diversified programs that meet the current and future needs of the community ... along with our continued commitment of providing excellent customer service.



13th Annual

Run/Walk for the Greenway 5K and Half Mile Fun Run

presented by

Salisbury Parks and Recreation
Salisbury Rowan Runners

Saturday, July 24

5K Run/Walk - 8:00 a.m.

Fun Run (1/2 mile) - 8:45 a.m.

Knox Middle School
Salisbury, North Carolina

Bring canned goods or old running shoes to the race to donate to Rowan Helping Ministries and have a chance to win a gift certificate to Vac & Dash

Vac & Dash—www.vacanddash.com

For more information contact:

Steve Clark (704) 638-5275

sclar@salisburync.gov

www.salisburync.gov/pkrec
www.salisburyrowanrunners.com

Saturday, July 24—8:00 a.m.

Location

Knox Middle School
625 Park Road West, Salisbury, North Carolina

Directions:

Take I-85 to Salisbury Exit #76. Follow Innes St. straight through town to Mahaley Ave. (approx 2.5 miles), turn right on Mahaley Ave., then go 0.4 miles to Park Rd. Turn left on Park Rd. Knox Middle School will be on your left.

Entry Fee:

\$20—Pre-Registration (before 7/21)
\$25—Race Day (7:00—7:45 a.m.)

Fun Run: \$5 pre-reg. and \$10 race day (on track)

Mail to:

Salisbury Parks and Recreation (Athletics)
PO Box 4053, Salisbury, NC 28145-4053
You can also register at www.active.com

Facilities:

Bathrooms and Showers Available

Awards:

Top Three Overall—Male and Female in 5K

(Overall winners not eligible for Age Group Awards)

\$25 Gift Certificate from Sportrax at the Salisbury Mall for the top overall male and female runner/walker

Top Three in Each Age Group—Male and Female in 5K

Top Three Overall in Fun Run; Medals To All Others

(Ages 12 & Under and 8 & Under)

Age Groups:

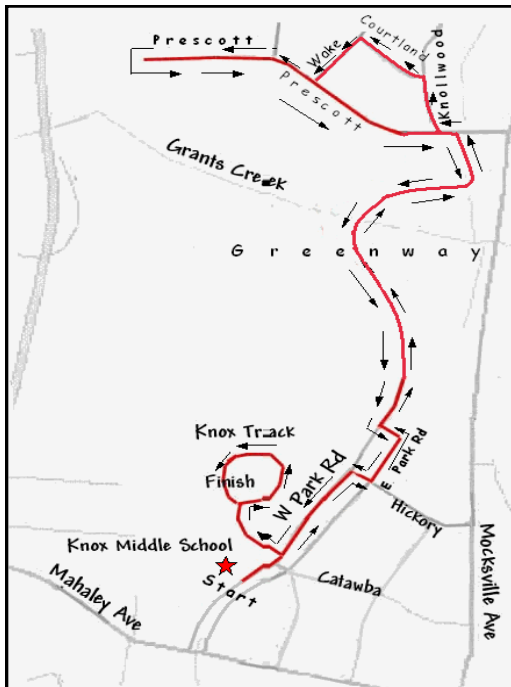
9/Under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70/Over

Dry Fit T-Shirts guaranteed to all pre-registered runners and walkers in the 5K and cotton t-shirts for all pre-registered fun run participants.

Walkers are eligible for age group awards!

Race Bags & Door Prizes!

Certified Course:



Start on W. Park Road, turn right at Hickory Drive, left on E. Park Road, right on W. Park Road, along the Greenway to Prescott Drive. Turn left on Prescott, turn right on Knollwood, turn left on Courtland, turn left on Wake, turn right back onto Prescott. Proceed to end of road, turn around at cul-de-sac and proceed back straight on Prescott to the Greenway by following the reverse route until you get to Knox. At Knox, turn right at the tennis courts and proceed up and around the track to the right. The race finishes on the track.

Special Thank You To:

Rowan Regional Medical Center

Cheerwine, Sportrax, Food Lion, Apple Baking Co., Krispy Kreme, Chick-fil-A & Salisbury/Rowan School System

Race Applications Courtesy of

Marathon Business Center & Xerox

Mostly Flat, Scenic Course!

13th Annual Run/Walk for the Greenway 5K & Half Mile Fun Run - Saturday, July 24 - 8:00 a.m. - Salisbury, NC

Last

First

Middle Initial

(Please print legibly)

Street Address

City

State

Zip

Phone:

Age on 7/24/10

☐ Male ☐ Female E-Mail

Dry Fit T-Shirt Size (circle one): S M L XL XXL ☐ Runner ☐ Walker ☐ Fun Run

Fun Run T-Shirt Size (circle one): YS YM YL

Participant Waiver: I know that participating in the 5K road race may pose risk to my health. I accept all risks associated with participating in this race and waive all claims for myself, my heirs and anyone acting on my behalf, against the Salisbury Parks & Recreation Department, Salisbury Rowan Runners, Knox Middle School, the City of Salisbury, any and all sponsors, all officers, all members and all volunteers of said organizations. I attest that I am in proper physical condition to compete in this race. I also give my permission to the use of my name and picture in any written account about this race.

Signature (Parent or Guardian if under 18)

Date